

BGS BEES

KEEPING BGS BUSY!

PE CHALLENGE

Just in case you missed them, here's a round up of this week's PE Challenges:

Monday:

Mr Sheppard Plank Challenge

Tuesday:

50-a-day. Can you complete 50 Star Jumps today? You can do this all at once, or break it up over the day!

Wednesday:

50-a-day. Can you complete 50 Burpees today? You can do this all at once, or break it up over the day!

Thursday:

25-a-day. Can you complete 25 Handstands and/or Cartwheels today? You can do this all at once, or break it up over the day!

Friday:

Team PE Challenge. How many PE teachers can you beat? Check out Instagram (@bournes_pe) and MILK to discover the challenge!

SPORTS BOOKS

If you're missing sport, the PE Department has a substitute. These sports books cover a range of sports, and all come highly recommended by the PE team.

Mr Ray – On the Edge by Richard Hammond



Mr Bowers – KP: the autobiography by Kevin Pietersen

Ms Bradley – Invictus by John Carlin.



Mr Brunker – Born to Run: The Hidden Tribe, the Ultra-Runners, and the Greatest Race the World Has Never Seen by Christopher McDougall



Mrs Mohan – My Life and Rugby by Eddie Jones

Mr Graves – One Night in Turin by Pete Davies



Here's why Mr Graves believes you should read his recommendation... Gazza's tears, Gary Lineker's goals, the late Bobby Robson, Pavarotti, the list goes on. In my opinion Italia 90 was the best World Cup ever. I have read many books on the subject and this one is the best! It is a superb behind-the-scenes account of England's final preparations and progress through the Italia '90 World Cup. The author had first-hand access to the England squad and staff, and gained some interesting perspectives on footballing life from them. This was my favourite football book, but it is written so well and is so gripping that it is now, by far, my favourite book ever!

JOKE

Did I tell you the time I fell in love during a backflip? I was heels over head!

FEEL GOOD MUSIC

Mr Bainbridge's 'blast from the past' playlist:

1. Hall and Oates – Maneater
2. Fleetwood Mac – Go Your Own Way
3. Starship – Nothings Gonna' Stop Us Now
4. The Eagles – Take it Easy
5. Billy Joel – Uptown Girl

BGS COMMUNITY

This interesting photograph was taken by Tristan in Year 8, who noticed the captivating contrast between the rust and graffiti.

If you would like to share anything you've been doing, send your contributions in to bgsbees@bourne-grammar.lincs.sch.uk



DON'T QUIT

Mrs Shales wants to share with you a poem which she has found to be incredibly uplifting, especially if you are feeling low.



The poem is called 'Don't Quit' and is by John Greenleaf Whittier.

When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.
Life is strange with its twists and turns
As every one of us sometimes learns
And many a failure comes about
When he might have won had he stuck it out;
Don't give up though the pace seems slow—
You may succeed with another blow.
Success is failure turned inside out—
The silver tint of the clouds of doubt,
And you never can tell just how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.

TIME CAPSULE

The world's oldest planned time capsule was the US 'Century Safe', which was sealed in 1879, and nearly forgotten, until it was opened just shy of 100 years later, in 1976. Ms Turton suggests creating a time capsule, something to look back on and remember this time by. Your time capsule could be stored, ready to open again in 2030, or buried to be opened in 100 years time.

Here are some suggestions for what to include: the letter from the government about staying at home, something you've made during this time, your recipe for banana bread, a rainbow you created, photos you took during this time, a playlist of songs you've listened to, a list of your favourite TV shows or films you've watched, and a poem or letter about your experience. Maybe you'll even include copies of BGS Bees!



FIRST AID

Many of us have been trying to learn new skills to keep busy, and the University of Glasgow are helping you to learn useful and beneficial life skills by running a free online first aid course. The course takes 2 weeks to complete, with an hour study each week, and is available for free on Future Learn. The programme covers basic first aid, and will help you learn how to recognise and respond to emergencies.

Read more about the course here:

<https://www.futurelearn.com/courses/basic-first-aid>



FLOWER PRESSING



Pressing flowers is an excellent way to preserve flowers, which you can use to create cards or gifts, or to record the flowers you have seen. Here's how you can press flowers at home:

1. In a spot where you have permission to pick flowers, carefully pick a section from a plant.
2. Open a book and line it with newspaper. Place your flowers (as flat as you can) on the page.
3. Carefully close the book and weight it down - additional heavy books work well as weights.
4. Store this pile in a warm, dry place and check on your flower specimens daily.
5. Once your flowers are dry, carefully remove them.

Find out more about flower pressing, including how you can ensure you are sensitive to nature and prevent the flowers from going mouldy here: https://www.nhm.ac.uk/discover/how-to-press-flowers.html?gclid=EALaIqobChMlosKG2I7A6QIVTe3tCh1logiWEAAYASAAEgLvD_BwE

10 KEYS TO HAPPIER LIVING

The Ten Keys to Happier Living are based on a review of the latest research from psychology and related fields. Everyone's path to happiness is different, but the evidence suggests these Ten Keys consistently tend to have a positive impact on people's happiness and well-being. The first 5 (GREAT) are about how we interact with the outside world, the second 5 (DREAM) come from inside us and depend on our attitude to life.

GREAT DREAM

Ten keys to happier living

GIVING		DIRECTION	
RELATING		RESILIENCE	
EXERCISING		EMOTIONS	
AWARENESS		ACCEPTANCE	
TRYING OUT		MEANING	

GREAT

1. Giving – Do things for others; it is proven to make us feel good.
2. Relating – Connect with people; relationships are the most important contributor to happiness.
3. Exercising – Take care of your body; being active makes us happier as well as being good for our health.
4. Awareness – Live life mindfully; stopping and taking notice of our surroundings increases our enjoyment of the present.
5. Trying out – Keep learning new things; it helps us to stay curious and engaged.

DREAM

1. Direction – Have goals to look forward to; feeling good about our future is important for our happiness.
2. Resilience – Finding ways to bounce back; accepting that things are not always going to be easy, and learning to react to this in a positive way.
3. Emotions – Look for what's good; seek positive emotions even in the toughest of situations.
4. Acceptance – Be comfortable with who you are; no-one is perfect.
5. Meaning – Be part of something bigger; this will be different for each of us but may be associated with our faith, a youth group or charity work.

For more information and detail, head to <http://www.actionforhappiness.org>

"MANY RECEIVE ADVICE, ONLY THE WISE PROFIT FROM IT." HARPER LEE